

mother's ink

the newsletter of the novato mother's club

RECAP: NMC in the Novato 4th of July Parade



About forty moms, dads, kiddos and other family members marched their way through Downtown Novato in the Annual Fourth of July Parade! Our wagons, scooters, strollers, bikes and push cars were decked out in red, white and blue and we handed out lollipops and hand fans to spectators along the route. Everyone was ooh-ing and aah-ing over all the adorable kids in their America swag as they waved to the crowd.

We found some shade at the end of the parade route and enjoyed some water, popsicles and fresh fruit and let the kids run around in the grass.

We couldn't have asked for better weather and we sure got the Novato Mother's Club name out there! It was the experience to be in a parade, you almost feel like a local celebrity waving to all the parade-goers, so be sure to join us next year! Thank you to all who participated! Happy Birthday America!



Director's Corner



Hi there lovely mamas of the NMC! I Hope that your summer is going swimmingly and that you are managing to stay sane with your kiddos out on break! There is so much to do around Marin during the summer and with the weather as beautiful as it has been, I hope that you are all taking advantage of it! While the days are long, the years are short and we only have 18 summers with these kiddos, so while I am sure they are tiring, I hope you find the silver lining and cherish these adventure-filled days and months (at least that's what my mantra has been this summer)! My name is

Mischa Litvack and I am one of your (outgoing) Co-Directors! I have had the pleasure of being a Co-Director for the last two years and I have loved every minute of it! I enjoy connecting with other moms and helping other moms connect and form their mom tribes and support networks. This crazy ride (aka motherhood) is so much smoother when we have other moms and, more importantly, friends to help us navigate through it. I am a Marin native. Not born but raised in Marin and I moved away for a short stint in college and then again when I met my, now husband, but I always knew I wanted to settle down in Marin. We moved back to Marin in 2015 right before my son was born. He joined his big sister 14 months after she was born and we embarked on a crazy two-under-two-just-missed-Irish-twins journey here in Novato. 😊 I joined NMC right after we moved back and also took a seat on the board and the rest is history! I am so grateful to this amazing club as many of my friends are in my life as a result of this amazing resource! NMC is comprised of so many strong, caring, funny, wonderful women and I am so grateful for the sense of community and inclusiveness that the club practices as it really enveloped me, as it does many others, when they are first figuring out how to do this whole mom thing. Thank you all for being you and bringing so much to the NMC!

We have so many fun things going on this summer! The annual Family Picnic was on August 11^h at Marinwood Park and what a blast that was! We hope you all enjoyed yourselves! Stay tuned for the Rolling Hills Pool Party, which has limited spots available so RSVP as soon as you see the invite! Also, stay on the lookout for the invite to the first Mom's Night Out of the new 2018-2019 term in September! This is always a fun one and a great way for new and old members alike to mingle and start the term off on a high note! The Fall also has so many fun events to look forward to: Preschool Fair, Halloween Party, Family Outing to the Pumpkin Patch, Holiday Party, Mom's Night Out and so much more! We look forward to a fun term ahead!

As the 2017/18 NMC term ends, the 2018/19 Board is gearing up to transition their positions to the incoming board. We are happy to see familiar faces returning to the board as well as many new faces joining the board for the first time. We are looking forward to planning a great year with lots of fun events. There are still a couple board positions open. If you are interested in getting involved and joining the board, email the co-directors at nmc.codirectors@gmail.com if you have any questions or are interested in joining. Also, we encourage you to get involved in other ways, even if you are not able to join the board. We depend on your involvement through board positions, volunteering, direct input through forums and emails to the co-directors, along with involvement in subgroups.

Finally, I would like to thank you all for letting me be involved as Co-Director these past two years. I have met so many wonderful, lifelong friends and been involved in the Novato community in a way that I could have never imagined. Thank you to my fellow outgoing Co-Director, Azadeh Hunter, for all of the hard work and dedication that you have put into the club the last two years as well! Also a big thank you to Amy Adkins and Jessielyn Jackson, who will continue on as a co-directors for one more term. They will be joined by Jessica McArdle and Sophia Osotio. We look forward to another term full of events, resources, friendship and fabulous Mom's Night Outs.

In gratitude,
Mischa Litvack

RECAP Night at Sephora! The year's most popular MOMS NIGHT OUT!

For our June MNO once again, Sephora rolled out the red carpet for us lovely moms. The ladies at Sephora pampered us with skincare, make up application and hair services. So many beautiful faces under one roof ;) It was so fun to shop while nibbling on tasty appetizers made by A Piece of Cake & Confections and desserts by John & Jill's. The gift baskets Sephora put together to raffle off were amazing and two lucky mommas got to take them home.....JEALOUS!!

Thank you to all who brought in an item to donate for the Sparkle foundation gifts baskets. I have a lot of great stuff to give them and I am sure the Moms who receive the baskets at Christmas time will be very grateful.

Mina and I have had a great time planning the Mom's Night Out's this term and hope you all enjoyed them as much as we did. Our club is filled with so many amazing women and I am thankful for each and every one of you in my #momtribe.



Board Appreciation Dinner July 12th @ the Key Room at Homeward Bound of Marin.

It takes a village and we're glad you're in ours! A big thanks to everyone on the 2017-2018 NMC Board. We are so grateful for all the countless hours and amazing events that took place this last year. On July 12th, we gathered to honor and celebrate those who contributed to making NMC the vibrant club it is today. This year we held the dinner at the Key Room at Homeward Bound of Marin. This spot is a hidden gem, and we were pleased to host our event there. The proceeds from their events filter back through their shelter and housing programs; all which aide in the efforts to end homelessness. If you haven't had a chance to check out their event space, stop by and look! Big shout out to Reata Rhine for offering complimentary Tarot Cards readings during our dinner. A huge thank you to our outgoing Co-Directors, Mischa Litvack and Azadeh Hunter. Your contributions are immeasurable, and we value and appreciate all your efforts this past term! We are looking forward to another great year, if you are interested in joining our Board reach out to a Codirector for more information.



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COMMUNITY OUTREACH



If anyone has gently used or new sneakers/athletic shoes for foster kids, the Marin Foster Care Association is in need. Their resource center supplies free clothing and shoes for Marin's foster parents and relative caregivers. They need boy and girl sizes 11 toddler to adult size 8 to help school-aged children as they prepare to go back to school next week.

You can bring donations into their office (4280 Redwood Hwy Suite 1-B, San Rafael) Tuesdays and Thursdays from 9:30 am to 2:00 pm, and Wednesdays 3:00 to 5:00pm.

Membership Update

We currently have 246 active members. **A lot of members are due to renew in August and September, so please remember to renew your membership!** You will get an email reminder and invoice a few weeks before your membership period expires. If you know anyone who might be interested in joining, visit www.novatomothersclub.com/join for more information. Help us get the word out about our wonderful organization. Thanks!



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No Such Thing as Perfect: How to Help a Child Struggling with Perfectionism

Picture a child who keeps a tidy, well-organized desk in class, a remarkably clean bedroom at home, makes sure his or her homework is perfectly neat and accurate, sets high goals, and expects the best from him or herself every time. The “perfect” child! So what could possibly be wrong?

While it is important for children to learn to set goals and try to be their best selves, for some children these goals and high standards can develop into rigid, all-or-nothing self-expectations and an endless striving for “perfection.”

Perfectionism is characterized by the setting of very high, often unattainable, standards for oneself and becoming self-critical if standards are not reached. If this sounds familiar, here are some things you can do to support your child and help him or her channel their high strivings in more adaptive ways:

1. Provide unconditional love and respect.

Let them know you love and care for them no matter what they do (or don’t do). Even if they “fail” at something, you still love them.

2. Give specific praise and help them focus on the *process* rather than the outcome.

Some examples include: “I love how hard you worked on that.” “You are so determined. I can see you spent a lot of time on that.” “Look at all those ideas! You really put a lot of effort into writing this.” Try to avoid using words such as brilliant, genius, and perfect.

3. Acknowledge and connect with your child’s negative feelings.

These feelings might include frustration, worry, sadness, or fear. Try to acknowledge the feelings without judging them, trying to “fix” them, or insisting they should actually feel a different way.

You may try saying, “It sounds like that was disappointing for you. That’s happened to me too and it can be upsetting for a while.”

4. Model and encourage self-compassion.

Teach them to talk with kindness to themselves. You might try saying, “When I mess up I think to myself: I made a mistake, but it’s okay. I can try again, or I’ll do better next time.”

5. Provide opportunities for failure.

Children need to learn that it takes time and lots of practice to master new skills. Whatever you can do to give your child the opportunity to learn that mistakes and set-backs are a part of growth will make these experiences less likely to result in feelings of inadequacy.

6. Help them set realistic standards for themselves and their time.

Perfectionistic kids are likely to get overwhelmed by their expectations and procrastinate or avoid something if the stakes are too high. Discuss realistic goals with them and help them break assignments into smaller, manageable tasks.

Perfectionistic tendencies can lead to high levels of anxiety and depression, refusal to try anything new or difficult, low self-esteem, and exaggerated reactions to mistakes, which can all interfere with a child’s functioning and contribute to numerous mental illnesses. In this case, your child likely needs more assistance and could benefit from seeing a therapist or psychologist. Our clinical staff is here to support you!

Parents Place is a family resource center with a full range of services for families including parent coaching, parenting workshops, and child and family therapy. Contact us at [415/491-7959](tel:4154917959) or visit us on the Web www.ParentsPlaceOnline.org for a complete listing of our workshops and other program



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Attention New Moms and Expecting Moms

Ready for your new mom meals? Contact Mother's Support to schedule your meals today at nmcmotherssupport@gmail.com. It also helps us if you update your profile with your due date so you're on our radar.

Attention All Members

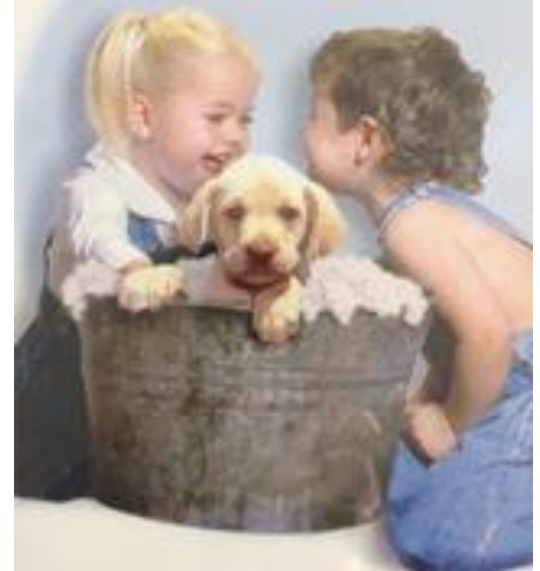
Did you know that as part of being a member, you are required to provide a meal for a new mom? Contact Mother's Support at nmcmotherssupport@gmail.com to let them know when YOU are available to prepare a meal for a new mom!!

Download Wild Apricot for Members today!

Our website host has a new app—currently for iPhone users only. Find our upcoming events at your fingertips, Register for an event quickly and easily. Find a list of your ticketed events easily. Wild Apricot is adding more every day!

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Play Groups By Birthdate

Age Group	Days	Time	Contact #1	Contact #1 Email Address
			Name	
1/18-4/18			Shareen Barrett	shareen1003@hotmail.com
10/17-12/17			Mollye Friday	Mollye.fryday@gmail.com
6/17-9/17	-	-	Clair Cooper	clairccooper@gmail.com
2/17-5/17	-	-	Heather Lund	heatherlund37@gmail.com
11/16-1-17	-	-	Ava Fruin Finger	avafruin@gmail.com
1/16-6/16	Sundays (varies)	11:00am (varies)	Rachel Dougherty	rachedougherty@gmail.com
8/15-12/15	Fridays	Varies	Maya Gingold	Maya@tiny-kisses.com
8/15-10/15	Weekends	TBD	Emma	emma.wesolowski@gmail.com
4/15-8/15	Tuesdays	2pm	Jessica Paradise	jparadise1128@gmail.com
1/15-4/15	Wednesdays	Mornings	Stephanie	shurder@hotmail.com
10/14-12/14	Varies	Varies	Victoria Olson	olsonv@gmail.com
6/14-9/14 (Inactive)	Tuesdays	Varies	Heather Lugassy	thor615cacti@yahoo.com
1/14-3/14	1st and 3rd Sundays	Mornings (9:00 or 10:00 am)	Heather	heatherlund37@gmail.com
9/13-12/13	Varies	Varies	Adrienne	ahangel@dons.usfca.edu
6/13-9/13	Varies	Varies	Janna	jmorbitz@comcast.net
2012 Kids (Inactive)	Varies	Afternoons	Rose	rosemarijbyrne@gmail.com
2011 Kids (Inactive)	Thursdays	3 - 5:00pm	Nina	ninavigarino@gmail.com

Playgroups

Playgroup FAQ's: What is a playgroup? NMC Playgroups are groups of similar age child(ren) and their Moms (& sometimes Dads too!) that meet up about once a week at parks, coffee shops or members' homes to socialize and introduce the kiddos to new friends. Baby playgroups are a great way for new moms to meet other new moms...Never too young for a Playgroup!

How do I join a Playgroup? We would love to help you form a new playgroup or introduce you to an existing one. Please email the NMC Playgroup Coordinators at nmcplaygroups@hotmail.com if you would like help setting up a new playgroup or have any questions.

If you are interested in joining one of the above playgroups, please email the contact for the group directly. (See the list of playgroups on the next page!) Thanks and happy playing!

If you are a playgroup leader of an open playgroup and would like to be listed in the newsletter, or any changes need to be made above, please contact nmcplaygroups@hotmail.com.

Play Groups Can Meet at Sing Dance Play studio

NMC playgroups are invited to use the Sing Dance Play studio for playgroup meetings during prearranged times when the studio isn't in for other purposes and when staff are available (see our calendar at <http://singdanceplay.org/index.htm> .) Contact Elina at singdanceplaydirector@gmail.com to request to be put on the schedule. There is a nominal fee of \$15 per hour to cover a staff person's time to be present and unlock and lock the door.

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PHOTOGRAPHY



Baked Blooms



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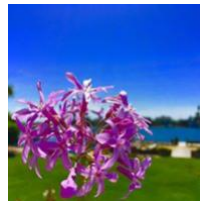
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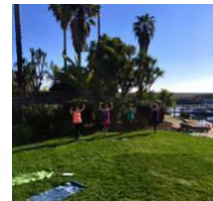




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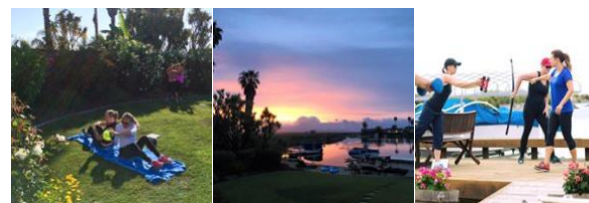
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11:00 AM - 3:00 PM

FAMILY FUN!

Please join us on Sunday, September 16th as we take over Sherman Avenue and the Civic Green to play in the street! Sundays on Sherman is a chance for community members of all ages to come outside and participate in structured and unstructured play free of traffic restrictions. Guests can participate in organized activities onsite, or bring their own bike, roller blades, balls, Frisbees and other toys and simply PLAY! *FREE ON-GOING ACTIVITIES THROUGHOUT THE DAY*

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Art for all ages provided by Studio 4 Art

Chess Games provided by Novato Chess Club

Kids vs. Cops Fitness Challenge and Raffle provided by Novato Police Department

Lawn Games provided by Sports Basement

Activity provided by Pini Ace Hardware

Activities and Dance Demos provided by Splitz Dance Academy

Crafts provided by Novato Mothers Club

Cornhole, Yoga Challenge and a Raffle giving away a 1 month membership provided by YogaWorks

Soccer and Games provided by All Season Soccer

Bicycle Bike Rodeo presented by

Marin County Bicycle Coalition- Safe Routes to Schools

Extreme Air Bungee and Inflatable T-Ball Game provided by Jubilee Jumps

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